



Individual Physical Exam Package (TAI-NAN)

Categories	Items	Descriptions	Minimum Exam	Economy Exam
General Examination	Body Height, Body Weight, Waistline, Body Fat Percentage, Ideal Body Weight, Body Mass Index, Blood Pressure, Pulse Rate	Basic information establishment as baseline data for subsequent health exams	●	●
	Composition elementary body 1. Weight of Muscle 2. Weight of Subcutaneous&Visceral Fat 3.weight of water 4. Basal Metabolic Rate 5. Analysis of Obesity 6. Assessment of Edema		●	●
Physical Examination	Physical Examination	A comprehensive inspection and assessment conducted by a physician	●	●
Lung Examination	Chest X-ray,PA view	Pulmonary screening of inflammation, fibrosis, tuberculosis, tumor or cardiomegaly	●	
	Chest X-ray,PA & L Lat. View			●
Cardiovascular and Metabolic System	Triglyceride	Risk factors of cardiovascular diseases or atherosclerosis for risk assessments of cardiovascular diseases	●	●
	Total cholesterol		●	●
	HDL-C		●	●
	LDL-C		●	●
	Total/HDL Ratio		●	●
	LDL/HDL ratio		●	●
	Fasting blood sugar	Blood sugar level for diabetes screening	●	●
Cardiovascular and Metabolic System	Hemoglobin A1c	A form of hemoglobin that is measured primarily to identify the three-month average plasma glucose concentration to evaluate blood sugar control		●
	hs-CRP	Risk assessment for cardiovascular diseases		●
	TSH	Screening for hyperthyroidism or hypothyroidism		●
Cardiovascular and Metabolic System	Resting EKG	Screening of abnormalities such as myocardial ischemia, arrhythmia, cardiomegaly or bundle branch block	●	●
Digestive System	GOT, AST	Liver function test for hepatitis or liver cirrhosis screening	●	●
	GPT, ALT		●	●
	Total protein	Liver function, kidney disease and nutritional status assessments	●	●
	Albumin		●	●
	Globulin		●	●
	γ-GT	A diagnostic marker for liver diseases caused by alcohol or drugs	●	●
	Alkaline phosphatase	The screening of bile duct anomalies, hemolysis or biliary obstruction	●	●
	Total bilirubin		●	●
	Direct bilirubin		●	●
	Anti-HCV	The screening of hepatitis C virus infection or carrier		●
	HBsAg	The screening of hepatitis B virus infection or carrier		●
	Anti-HBs	The screening of immunity against hepatitis B virus		●
	OB, EIA	A test to screen gastrointestinal bleeding caused by tumors, ulcers or inflammation	●	●
	Upper Abdominal Sonography	A sonography for screening liver, gallbladder, pancreas, spleen and kidney diseases, including stones, tumors, liver cirrhosis, fatty liver or structural anomalies	●	●
13C-urea breath test for H. pylori	A non-invasive approach for stomach H. pylori screening		●	
Kidney and Urology	Blood urea nitrogen	Kidney function assessment	●	●
	Uric acid	An indicator for hyperuricemia or gout	●	●
	Creatinine	Kidney function assessment	●	●
	eGFR ※Not test while age <18y/o & >70y/o		●	●
	Urine routine examination	A routine urine test for the screening of renal/bladder diseases, lithangiuria, urinary tract infection, diabetes or hepatobiliary disease	●	●
	Urinary Sediment		●	●



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Hematology	Complete Blood Counts 1. Leukocytes 2. Erythrocytes 3. Hemoglobin 4. Hematocrit 5. MCV 6. MCH 7. MCHC 8. RDW 9. Platelet	The use of blood cell counts for inflammation, infection or anemia assessments	●	●
	Differential Counts 1. Neutrophil 2. Lymphocyte 3. Monocyte 4. Eosinophil 5. Basophil	The screening of inflammation, infection, allergy or leukemia	●	●
Tumor Biomarker	Alpha-fetoprotein	A diagnostic marker for liver cancer	●	●
	CEA	A diagnostic marker for colon cancer or gastrointestinal cancer	●	●
Skeletal System	KUB & LS Spine Lateral View	The screening of bowel obstruction, gallstones, urinary stone or lumbar/pelvic/hip diseases		●
Eye Examination	Visual Acuity	Vision and color differentiation check	●	●
	Ishihara Test for Color vision		●	●
ENT Examination	Hearing Test 500~4000Hz	Basic hearing test at different frequencies (500, 1000, 2000 or 4000Hz)	●	●
Consultation	Nutrition Consultation	A one-on-one consultation with a professional dietitian for the provision of dietary education as well as recommendation based on individual physical status		●
	Fitness Assessment	Refers to a fitness assessment (such as strength, endurance, flexibility and cardiopulmonary endurance) conducted by a professional trainer		●
Exclusive meal			●	●
Health examination fees (for male)			NT\$5,000	NT\$8,000
Health examination fees (for female)			NT\$5,000	NT\$8,000

Notes:

- (1) All of the above health services will be conducted in either Gong-Yi Clinic or Tainan Fitness Center. We have the right to change inspection contents, items or service fees. In case of any amendments, shall you adopt the most recent updates.
- (2) The above are available health examination programs. For items not included in the above table, please contact our customer service for customized or individualized programs.
- (3) If the above health examination programs were not to your satisfaction, please don't hesitate to contact us for further information or customized health examination programs.